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How do you use sharp cheddar cheese?

They get used in things such as grilled cheese sandwiches, grating into chili, nachos, or in quesadillas. In these uses, they don't need the full-bodied flavor of a sharp cheddar, but they do need to melt down into soft, gooey, creamy deliciousness. Sharper cheddars are for flavor.

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Cheddar Cheese Sharpness Aging is the only difference between mild and sharp Cheddars. The longer cheese is aged naturally, the sharper and more pronounced the Cheddar flavor becomes. Mild Cheddar cheese is generally aged for 2 to 3 months, whereas an extra sharp might be aged for as long as a year.

Is sharp cheddar cheese good for you?

In addition to being rich in protein and calcium, cheddar is a good source of vitamin K — especially vitamin K2 (34). Vitamin K is important for heart and bone health. It prevents calcium from being deposited in the walls of your arteries and veins (35).

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